

Obesity and Medications

The SenioRx?Wellness Program is happy to provide you this information on “Obesity”

Obesity refers to an excessive amount of body weight that includes muscle, bone, fat, and water. As a rule, women have more body fat than men. Most health care professionals agree that men with more than 25 percent body fat and women with more than 30 percent body fat are obese.

Obesity occurs when a person consumes more calories from food than he or she burns. Our bodies need calories to sustain life and be physically active, but to maintain weight we need to balance the energy we eat with the energy we use. When a person eats more calories than he or she burns, the energy balance is tipped toward weight gain and obesity. This imbalance between calories-in and calories-out may differ from one person to another.

Obesity tends to run in families, suggesting a genetic cause. The environment strongly influences obesity. Environment includes lifestyle behaviors such as what a person eats and his or her level of physical activity. Too often Americans eat out; consume large meals and high-fat foods, and put taste and convenience ahead of nutrition. Also, most people in the United States do not get enough physical activity.

Although you cannot change your genetic makeup, you can work on changing your eating habits, levels of physical activity, and other environmental factors. Try these ideas:

- Learn to choose sensible portions of nutritious meals that are lower in fat.

- Learn to recognize and control environmental cues that make you want to eat when you are not hungry.

- Engage in at least 30 minutes of moderate-intensity physical activity on all days of the week.

- Take a walk instead of watching television

- Eat meals and snacks at a table, not in front of the TV.

- Keep records of your food intake and physical activity.

Contact SRX Coordinator at local Area Agency on Aging by call 1-800-AGE-Line (800-243-5463) for more details and scheduled wellness events.